



# NEW BEGINNINGS

LONG GULLY Community Newsletter of Hope & Encouragement



*100<sup>th</sup>  
edition*

This Newsletter marks 100 editions of our New Beginnings Newsletter.  
See Welcome to 2024 on the next page

**Edition 100 - January 29th 2024**

# Welcome to 2024

By Kerry



It's hard to believe it's almost 4 years since our Long Gully Neighbourhood Centre New Beginnings Newsletter commenced in March 2020 (just as covid hit) and here we are publishing our 100th edition. There has been many wonderful stories and photos shared together (and, no doubt, many more to come). Did you know you can view all the Newsletters published so far on our website - just go to: <https://www.lgnc.org.au/newsletter> and enjoy!

We hope everyone has had an opportunity to spend time with family and friends over the Christmas/New Year break. You can read a little about a trip I took a couple of weeks ago called "Holiday Adventures" on page 3.

The thing that impressed me most when visiting the sunflowers with some of my family was although it was raining on and off (and we all managed to get quite wet), you couldn't help but smile with the bright yellow sunflowers surrounding us. Good thing our Christmas gift for LGNC volunteers last year was a very handy umbrella which was put to good use.

Our backyard transformation will be happening during Term 2, we are super-excited to see the playspace developed (with grateful thanks to City of Greater Bendigo for covering the main costs and project management, we are also thankful for Nestle Professional's grant towards the cost of a bike path and Eaglehawk UFS Dispensary providing funds for purchase of balance bikes and other equipment).

We have some great things planned for Term 1 including Beginner's Spanish Classes, Bike Education (for children/young people), Multicultural Cooking Classes (limited places so if you're interested email [coordinator@lgnc.org.au](mailto:coordinator@lgnc.org.au)) and two fabulous Multicultural lunch celebrations in March. Keep an eye on our Facebook page for updates <https://www.facebook.com/lgncorg> It is helpful to us for planning if you are able to rsvp to any events/activities you are planning to attend. This also means if anything changes at the last minute we will have your contact details to let you know.

This year we will be opening on Friday mornings (we are happy to host a 3rd playgroup for the week with Bendigo Community Health Services running their smalltalk supported playgroup on Fridays). Our usual hours are: Monday-Thursday 9am-3pm; Fridays 9am-12 noon. We look forward to welcoming you to LGNC, 52-54 Derwent Drive, Long Gully.

# Vale Barry Wylie

By Kerry



As a LGNC team we suffered a devastating loss when on Christmas day, one of our longstanding volunteers, Barry Wylie, passed away. Our deepest sympathy for Deb (another of our valued volunteers) and family. We are planning to plant a memorial standard rose in our front yard in memory of Barry.

Barry was often the "quieter" one in the background but always keen to help out whenever needed. In some ways an unsung hero - the person who would just get things done, with a minimum of fuss, seeing a need and meeting it. Barry was the one who made sure the plants and lawn were watered well (particularly over the summer holidays when no one was at the Centre), he was the one who dragged out the bins each week and returned them to their rightful place when they were emptied. He supported Deb in many ways, making sure whatever she wanted to achieve he was there to back her up - from collecting supplies, ensuring her safe travels (in her scooter), locking up at the Centre at the end of a shift and so on.

Barry served on the LGNC Committee some years ago as well as being involved at the Long Gully Community Garden. He is pictured on the left in the photo taken a few years ago.

Thanks Barry for being a valued part of our community. You are missed.

## LGNC Playgroup

By Sarah



We had a lovely celebration at the end of last year with our Playgroup families.

LGNC Community Playgroup recommences on Monday, 5th February, 2024 at 9.00am. We discussed making the start time a little later but then decided it would be easier for families doing school drop off to just come straight to the Centre.

From 9am we'll have free play and then at 9.30am we'll start our music time, enjoy a story and other activities with a healthy morning tea to round off the session. We'll officially finish about 10.30am but, again, families are welcome to stay and chat/play/have a cuppa.

Looking forward to seeing our regular families and welcoming some new ones this year - there are still a few spots available.

## Contributions & Newsletter Publishing Schedule

**The next Newsletter will be issue 101 to be published on 12th February, 2024.**

Please email your contributions by February 5th, 2024 to: [newsletter@lgnc.org.au](mailto:newsletter@lgnc.org.au)

# Holiday Adventures

By Kerry



It's always fun to go on an adventure. During the school holidays, Sarah (our Monday morning Playgroup Facilitator) suggested we go on a little road trip to Tresco, near Swan Hill. Chasney Estate is a 14 acre Olive Grove and Lavender Farm which has 5 types of olives and produces Extra Virgin Olive Oil, Table Olives, Olive Oil soap and lavender products. They grow 15 varieties of lavender on their farm which is off the grid solar and water and aims to be as natural as possible. You can read more about it at: <https://bit.ly/48DK02S>

It took almost 2 hours from Bendigo to Tresco (it was approx. 165 kms) and we had a quick stop in Kerang for fuel on the way. This was the first year Chasney Estate planted sunflowers and, of course, they make the most beautiful backdrop to photos as well as bringing a great deal of joy. You could pick your own flowers to take home for just \$2 per stem. We're hoping to save the seeds so we can plant our own sunflowers next year.

Thanks to William Parry for the gorgeous photos (and capturing them in the rain). If you have any holiday adventures you'd like to share, please email us at: [newsletter@lgnc.org.au](mailto:newsletter@lgnc.org.au) - it would be great to share other places which are worth a visit.



# Community Christmas Lunch

By Myra

Well we certainly ended 2023 with a bang here at LGNC. We had a crowd of around 80 community members join us for a festive feast on the 20th of December.

With thanks to Are-Able, the City of Greater Bendigo and Foodshare, and of course, our beautiful volunteers, we enjoyed plentiful Christmas ham, bbq, fresh salads, puddings and much much more. The Are-Able team set up an amazing photo booth and had the cutest Christmas costumes ever.

Myself, and volunteer Sue, brought in some gorgeous pine branches, kangaroo paw and eucalypt leaves for some plastic free, Australian style Christmas decorations. We were so glad to see people wanted to take them home after the event.



Puddings, Christmas trinkets, recipes and pantry items were available for people to take home and help out with Christmas budgeting.

It was great to culminate Wednesday's community lunches with a special event. Many thanks to all who participated and attended. It was a lot of planning, shopping, decorating and work but it all came together as a special day to be remembered.

We look forward to many more meals and celebrations together!

# Community Garden News

By Jonathan Ridnell

The Community Garden has had a mixed start to the year. We had a couple of fun days in January with "pick your own" - inviting the community into the garden to pick their own fresh produce. Everything from plums to strawberries and beetroot to zucchini were taken fresh from the tree. Six family groups dropped by, collecting around 20 kilograms of produce. Watch our Facebook page for notice of any other events, some will be coming soon with both plums and nectarines not far from being ripe.

Our garden grows produce for the Neighbourhood Centre Mini Pantry. Each Monday around 12:30pm a variety of free produce is dropped off at the Centre which can be used to help with your grocery budget. There will be lots of summer produce at the pantry for the next few weeks so pop in, say hello, and take what you need.

With the start of the year, you may be wondering how to develop a new passion. Have you thought about gardening? Our garden volunteers use a wide range of skills - everything from sowing seeds and cuttings in pots, to weeding and pruning. Volunteering at the garden is a great way to learn new skills, share your existing expertise, and try some different techniques in a safe environment where we don't make mistakes, we only have learning opportunities! The volunteers are a social bunch too - most of our activities are a blend of conversation and work. Contact Jonathan our Garden Facilitator via the Neighbourhood Centre, or drop into the garden between nine and noon on Mondays and Thursdays.



# Giggle & Sing

By Kat



Giggle & Sing continues to enjoy meeting together each month to learn new songs (and revisit old favourites) as well as having quite a lot of laughs and sharing some stories.

Research shows that communal singing releases endorphins, reducing stress and promoting a sense of wellbeing. Participants often comment about how much "better" they feel after a Giggle & Sing session.

Our meeting dates for Term 1 are: Mondays 5th February and 4th March meeting from 5-6pm at Long Gully Neighbourhood Centre, 52-54 Derwent Drive.

# Chatty Café

By Myra

Don't miss Chatty Café tomorrow (Tuesday, 30th January) We'll have Darren talking about 'Get Techy, Get Ready', vital information on using technology in the event of emergencies. Speaker starts at 10:30am, feel free to come and make a cuppa from 10am.

Then, next week, after a very popular session last year, Rebecca from Eaglehawk UFS will be returning to talk all things medication. The last session was super informative, including medication/ health supplement interactions, proper administration of certain medications, Q&A and much more.

Tuesday, 6th February, speaker from 10:30am.



# Learn How to Play Bridge

By Vicki

Bendigo Bridge Club Long Gully Community Centre, Havilah Road. Tuesdays 7-9pm 20th February - 26th March.

- ✓ Experienced Accredited instructor
- ✓ Structured lessons made easy
- ✓ Small supported groups



A course fee of \$80 includes lessons and all resource materials. For further information contact Vicki Banko **0401 567 175**

# Generous Donation

By Kerry



We are continuing to work with City of Greater Bendigo on the refurbishment of our backyard space which will be completed over the next few months.

One of the plans includes a small bike path (toddler size) for our Playgroup children to learn some basic road rules (keep left, give way) as well as improved their coordination and balance skills riding bikes. We are grateful to Eaglehawk UFS Dispensary who have funded purchase of some trikes, a buggy and quaddy ride on for the children. Some of our volunteers had lots of fun putting the bikes together!



# Smalltalk

By Tiffany

Parents are children's first and most enduring teachers, and BCHS recognises that parents are the experts on their children. Bendigo Community Health Services are expanding their smalltalk program in Term 1 to include free weekly supported playgroup sessions in Heathcote, Long Gully, Eaglehawk, Ironbark and Kangaroo Flat. smalltalk is a set of evidence-based strategies that parents can use to enhance the home learning environment for their children from birth up to school age. smalltalk is delivered by a qualified facilitator in a supported playgroup setting. The program can also be offered to individual families in their home.

## Smalltalk is for families that meet at least one of the following criteria:

- Hold a current Health Care Card or equivalent
- Have children aged between 0-5 years
- Are from a diverse background
- Have less than 10 books in the home
- Parents are aged 25 years or less
- Is a single parent family

## Smalltalk aims to increase:

1. Quality and frequency of parents' interactions with their children
2. Level of stimulation in the home environment.
3. Parental self-care (stress management and seeking support)
4. Parenting confidence.
5. Parents' connection to their community and local services

## Our playgroups focus on:

- Being warm and gentle.
- Tuning in.
- Following your child's lead.
- Listening and talking more.
- Teachable moments.
- Reading and sharing books.
- Demonstrating that words are everywhere.

Our smalltalk playgroups run for two hours a week during school terms in various locations across the Bendigo region. Each session focuses on a different parenting strategy to promote children's learning and development.

For more information contact Supported Playgroup Facilitator Tiffany Holschier 0498 642 909 [tiffanyholschier@bchs.com.au](mailto:tiffanyholschier@bchs.com.au)

# SUPPORTED PLAYGROUP

Long Gully  
School term- Friday's

DO YOU HAVE CHILDREN  
UNDER 5 YEARS OF AGE?

COME HAVE FUN WITH:

- ENGAGING ACTIVITIES
- SOCIAL ENVIRONMENT
- SUPPORT YOUR CHILD'S LEARNING AND DEVELOPMENT
- CONNECTING WITH OTHER FAMILIES.
- BUILD KNOWLEDGE ON PARENTING STRATEGIES

A HEALTHY MORNING TEA PROVIDED



**smalltalk**  
Giving your kids a great start

bendigo  
Community Health  
services



Please contact Tiffany Holschier  
Text 0498642909 or Email  
[tiffanyholschier@bchs.com.au](mailto:tiffanyholschier@bchs.com.au)



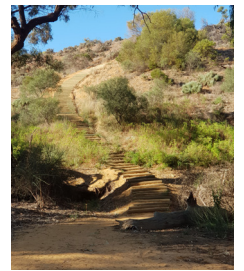
# Time to Explore **Loxton SA** Part 4 of 9

By Carol

523 kms from Eaglehawk Loxton Big 4 Caravan Park is a lovely spot which is divided into a higher and lower area, the higher area is where we were near reception with all the cabins, ensuite sites and glamping tents. There is also an amenities block with laundry, BBQ areas, camp kitchen and playground, tables and seats and amenities block are available at in the lower area on the banks of the Murray River. There are also lots of walking tracks around the park.

Loxton is a lovely place, some of the homes are just beautiful and many have a view of the Murray River. I think I could live here myself.

There's lots of things to see; the Big Pelican, Tree Sculptures, Loxton Historical Village, the Pines historic House and garden, Heaven Clifftop Viewpoint, which is at the top of the steps that start in the areas at the park down by the river, I would think there would be close on 1,000 steps. If I were you I would go to the info centre to see all that's available and how to get there.



# Coffee Training

By Myra



Thank you to Ed for showing our volunteers the ropes on our brand new coffee machine donated by Are-Able.

Everyone took great interest and had fun learning how to pull perfect espresso shots and pour beautifully steamed milk.

We're looking forward to some yummy brews at Chatty Café (Tues from 10am).



# 40th Anniversary

By Kerry

1984 was a very good year! It was the year Long Gully Neighbourhood Centre officially came into being and we'll be celebrating in various ways throughout the year. Our 40th anniversary dinner will be held on Friday, 14th June, 2024 at the Bendigo Pottery Function Centre, information about the tickets will be available soon.

In the meantime, we are very grateful to Fresh Promotions Pty Ltd who offered to design, make and supply 100 free pins for us to celebrate our anniversary. Their website gives lots of great information about the promotional products and items available in Australia: <https://bit.ly/4aUz5ye>



**Tips for Carers/Parents of ASD and ADHD children.** Neurodivergent children and screen time Neurodivergent children and young people often spend their free time playing video games and scrolling through social media. Screen time can be a great visual learning tool and many neurodivergent people find screen time calming. However, during school holidays, it can seem they are always on screens. Here are a few tips to help manage screen time for your neurodivergent young person.

- Allocate a certain amount of screen time each day and stick to it.
- Make screen time a reward. Use screen time as a reward for activities your child may not enjoy such as cleaning up or doing other chores.
- Give a 10 minute, then a 5 minute warning before screen time ends. Use a timer so your child is aware of the time spent and the time left.

Come along to our Carer Support groups to learn more tips and enjoy a cuppa and a chat with other parents who have faced similar struggles.

	Bendigo Walking Group	Bendigo Carer Self-Care Hub
When	9.30am - 11am 2nd, 4th Thur each month	10am - 12noon 1st Thursday each month
Where	Lake Weeroona (at seats next to Coffee Man)	Strathdale Community Centre 155 Crook Street, Strathdale

For more information Email [carers@riac.org.au](mailto:carers@riac.org.au) - Phone Carolyn 0488 605 363

# CWA Bendigo Northern Group

By Bev



We would like to invite more ladies to join us in helping to improve conditions for women and children, lobby for change etc. We need all types of people as it is more than cookery and craft - we have great projects and roles for contributions by all.

There are a couple of changes to our Branch Meetings. Unfortunately our Kangaroo Flat Branch has gone into recess for 2 years and the Golden Night Branch has a new venue.


## Branch Meetings

**Axedale** 3rd Monday, 7pm **Bendigo** 1st Friday, 1pm at 150 Neale St, Flora Hill  
**Dingee & District** 4th Thursday, 4pm at the Dingee Library **Golden Night** 2nd Tuesday, 7pm, 17 Victa Road, East Bendigo **Old Church on the Hill** 3rd Friday, 1pm at The Old Church on the Hill, Russell St, Quarry Hill. **Craft Day** 3rd Wednesday of the month, 1.30pm, 150 Neale St, Flora Hill

Times may vary for functions. For information about Meetings ring Group President Lyn on 0411 603 320 or see our Facebook page for updates.

Have you subscribed to our New Beginnings Newsletter?

Call 5442 1165 or visit <http://bit.ly/lgnsub>

A man with a beard is sitting in the driver's seat of a car at night. He is holding a yellow breathalyzer device in his mouth and blowing into it. The device has a red light and the number '99' and 'VIC' on it. The background is dark, suggesting a nighttime setting.

# Stop kidding yourself. If you drink, don't drive.

Thinking about driving after a couple of drinks? Think again.  
If you blow .05 or over, you could face serious penalties,  
including fines, losing your licence, getting an interlock installed  
in your car and having to blow zero for three years.

**TAC**

**VICTORIA**  
State  
Government





# Tried and True Recipes

## Greek Zucchini Fritters

By New York Times Cooking\*



### INGREDIENTS

- 1kg zucchini trimmed & grated on the wide holes of a grater or food processor
- 2 eggs
- ½ cup chopped mixed fresh herbs, such as fennel, dill, mint, parsley
- 1 tbsp ground cumin
- 1 cup fresh or dry breadcrumbs, more as necessary
- Salt and Freshly ground pepper
- 1 cup crumbled feta
- All-purpose flour as needed and for dredging
- Olive oil for frying

### METHOD

1. Salt the zucchini generously and leave to drain in a colander for one hour, tossing and squeezing the zucchini from time to time. Take up handfuls of zucchini, and squeeze out all of the moisture. Alternately, wrap in a clean dish towel, and squeeze out the water by twisting at both ends.
2. In a large bowl, beat the eggs and add the shredded zucchini, herbs, cumin, bread crumbs, salt and pepper to taste and feta. Mix together well. Take up a small handful of the mixture; if it presses neatly into a patty, it is the right consistency. If it seems wet, add more breadcrumbs or a few tablespoons of all-purpose flour. When the mixture has the right consistency, cover the bowl with plastic wrap and refrigerate for one hour or longer.
3. Heat 1 inch of olive oil in a large frying pan until rippling, or at about 275 degrees. Meanwhile, take up heaped tablespoons of the zucchini mixture, and form balls or patties. Lightly dredge in flour.
4. When the oil is very hot, add the patties in batches to the pan. Fry until golden brown, turning once with a spider or slotted spoon. Remove from the oil, and drain briefly on a rack. Serve with plain Greek style yogurt if desired.

\*<https://bit.ly/3vL1ruQ>

## Chicken Pesto Gnocchi Bake

By No Money, No Time\*



### INGREDIENTS

- 1 kg chicken breast fillets
- 500g packet gnocchi
- 1 yellow capsicum, chopped into 1cm long pieces
- 500g cherry tomatoes, halved
- 2 zucchinis, chopped into 1cm long pieces
- ¼ cup basil pesto
- 250g baby spinach
- 2 tbsp grated parmesan

### METHOD

1. Preheat oven to 200°C. Prepare a large oven proof dish with baking paper
2. Heat up 1 tbspn olive oil in a large fry pan
3. Cook chicken breast fillets in the fry pan for 8-10 minutes on each side
4. Once cooked, shred chicken into small pieces using a fork
5. Bring a large pot of water to the boil, cook the gnocchi according to packet instructions
6. Drain gnocchi, setting aside 1 cup of the water it was cooked in
7. In the prepared oven proof dish, toss the capsicum, tomatoes and zucchini and drizzle with olive oil. Place in the oven to bake for 10-15 minutes, or until softened.
8. Combine pesto with gnocchi cooking water, add to dish along with gnocchi, tossing gently.
9. Stir in chicken and spinach.
10. Sprinkle with parmesan and bake for a further 10-15 minutes or until golden

### Tweaks

To make it vegetarian swap out the chicken for shredded tofu, mushrooms or brown lentils. Add in extra vegetables including artichokes, broccoli and celery to bulk up the meal. Try making your own pesto

\*<https://bit.ly/3S5z2qY>

# Word Find Australian Landmarks

A D D P X I G U E D G O X E M J Y E U A  
V T N E E U Q L W D G E H M L I V Q M J  
K L L X Y W E T A T S E Y A W L I A R W  
E N Y B R F M U I D A T S U G W X O U B  
S N G Q O K O K H V U S I E L T N I E L  
U F D U T A V I W A J F H K S F T I Z E  
O C H L I D K U S U Y O L C B R O R Z U  
H Y X Q R K L E V C E X H I B I T I O N  
M E W Q R G E H R L X D R P N L I F G P  
J D O S E E Z V L U Y R U N S D X E O P  
L J Y P T B F C K S E I B M U V E E T C  
K K I P U R W T H E U Q E Y T U K R P E  
G Y H O Z M E M A M V L C U P H Q W S A  
W M C V Y O D T U Z V I C T O R I A C T  
K B F S Q Z B Q C Z U D F J R A J O O O  
L D N O I T A T S H E V Q Y D F X W U B  
V R O Y A L F D F Y E I M K U W E I W J  
R Q U J F V X M R J K S M A Q R E S F S  
J X U I H Z C G B B A R R I E R K I B E  
X I W V I L T S T N E M A I L R A P W X

*Flinders  
State  
Eureka  
Port  
Queen  
House  
Royal  
Victoria  
Parliament  
Railway  
Territory  
Barrier  
Stadium  
Exhibition  
Stretches  
Tower  
Optus  
Reef  
Station  
Vaucluse*

## Trivia Quiz

Answers next page

1. In which city is the Royal Exhibition Building

2. Where would you find Vaucluse House

3. In which city is the Queen Victoria Building

4. Where would you find Parliament House

5. In which city is Flinders Street Railway Station

6. Which State or Territory would you find Port Arthur

7. The Great Barrier Reef stretches for how approx. many kilometres

8. In which city would you find the Infinity Tower

9. Where is the Eureka Skydeck located

10. In which city is Optus Stadium



Long Gully  
Neighbourhood Centre

## What's On

subject to change - Bookings essential  
Please check what's on by phoning 5442 1165

**Mondays**

9am LGNC Playgroup

**Tuesdays**

10 - 12 Chatty Café  
9:30am Walking Group

**Wednesdays**

12:45pm Community Lunch  
10:30am PopUp Growers Market  
10am Your Tech Help

**Thursdays**

10am - 12noon  
Multicultural Playgroup

**Fridays**

9:30am  
SmallTalk Playgroup

### January

30th Chatty Café with Get Techy Get Ready 10am

### February

5th New Beginnings Newsletter Deadline  
5pm Giggle & Sing  
6th Walking Group 9:30am  
Chatty Café w Eaglehawk UFS Pharmacy 10am  
Beginner's Spanish 11:30am

**Open: Monday-Thursday 9am-3pm, Friday 9am-12pm**  
Please phone 5442 1165 to book your place in any activities.



Long Gully  
Neighbourhood Centre

The Long Gully Neighbourhood Centre (LGNC) is a non-profit organisation governed by a voluntary Committee of Governance comprising mostly of community members, and managed on a day to day basis by a Centre Coordinator. The Centre commenced operations in 1984. LGNC's active engagement is modelled on the principles of community development through community participation, community ownership, empowerment, lifelong learning, inclusion, access and equity, social action, advocacy, networking and self-help.

The Centre is situated at 52-54 Derwent Drive, Long Gully (in Bendigo, Victoria). We are open Monday-Thursday 9am-3pm subject to COVID-19 restrictions. We can be contacted by Phone: 03-5442 1165 or Email: newsletter@lgnc.org.au "Like" our Facebook page to stay up-to-date facebook.com/lgncorg

**Disclaimer** This publication is grateful for the contributions of community members and organisations for its content. While we are proud to support news for the people by the people, responsibility for the content remains with the author to ensure accurate dates, time, prices and content. The New Beginnings editorial team reserves the right to edit content for spelling, grammar and article length. Items submitted for publication are published on this premise. This disclaimer informs readers that the views, thoughts, and opinions expressed in these articles are those of the authors and do not necessarily reflect the official policy or position of Long Gully Neighbourhood Centre.



## Trivia Answers



- Melbourne
- Sydney
- Sydney
- Canberra
- Melbourne
- Tasmania
- 2,300 kms
- Brisbane
- Melbourne
- Perth



# Long Gully Neighbourhood Centre

*Sowing seeds of hope in our community*

## Term 1 Activity Guide

### Social & Community Connect

#### Chatty Café

**10am Tuesdays commencing 30th January**

Come and enjoy a cuppa and a chat. Bring along your knitting/crochet/craft if you'd like to or just come and meet new people, discuss a variety of topics and learn new things!

#### Long Gully Community Garden

Mon & Thu mornings. Enjoy the great outdoors, help in the garden or simply come for a chat. Garden beds available for hire.

#### Community Lunches

**12:30pm Wednesdays commencing 31st January, Free**

Come and enjoy a delicious lunch and great company.

### Health & Wellbeing

#### Giggle and Sing

**Monday 5pm Monthly, Free**

5th February, 4th March. Community singing at it's best!

#### Walking Group

**9:30am Tuesdays commencing 30th January, Free**

Enjoy a Walk along the Long Gully Trail with an enthusiastic group of walkers (all levels)

#### PopUp Produce Market

**10:30am Wednesdays**

Bendigo Foodshare invites you to come and purchase fresh, locally grown produce.

### LGNC Assist

#### Your Tech Help

**10-12noon Wednesdays, commencing 31st January**

Computer and phone troubleshooting with Trevor

#### Justice of the Peace

**10am Tuesdays and by appointment**

Statutory Declarations, Affidavits and other documents witnessed, certifying documents

#### Beginner's Spanish

**11:30am-12:30pm Tuesday, 6th February**

Come and learn conversational Spanish.



### Everyday Services

#### Mini Food & Toiletry Pantry

Limited non-perishable food items, toiletries and some garden produce available.

#### Printing & Photocopying

Photocopying, scanning & laminating available

#### Room for Hire

Room/s for hire for meetings or classes.

#### DVDS/CDs/Book Libraries

Borrow, exchange or keep dvds, cds or books from our libraries stocked by generous community members. Donations accepted.

#### Long Gully Community Plan

Regular meetings at LGNC for Long Gully Community Plan Working Group. New members & interested people welcome.

#### Information & Referral

If you would like to find out more about local services or programs, feel free to contact us. Everyday services

#### LGNC Website

[www.lgnc.org.au](http://www.lgnc.org.au) Keep up-to-date with services offered.

#### New Beginnings Newsletter

Published Monday fortnightly - contributions can be emailed to [newsletter@lgnc.org.au](mailto:newsletter@lgnc.org.au) Paid advertising available. Can be downloaded from [www.lgnc.org.au/newsletter](http://www.lgnc.org.au/newsletter)

#### LGNC Facebook

Check out and "like" our Facebook page to read news and stay informed of upcoming events. [facebook.com/lgncorg](https://facebook.com/lgncorg)

## Save the Date

Long Gully Neighbourhood Centre

**40th Anniversary Dinner**

**6:30pm Friday, 14th June**

Bendigo Pottery Function Centre

### Be Creative

#### Creative Cards

**10-12pm Friday fortnightly commencing 16th Feb \$10** Led by Deb Wylie. Cost is \$10 for 2 cards - all materials supplied, come and learn new skills in a friendly group environment. Phone to join waiting list

#### Katz Cardz

**11am-1pm Monday fortnightly 19th February, \$15**

Learn the finer art of cardmaking with step-by-step instructions. Cost \$15 for 2 cards, all materials supplied.

### Children's Activities

#### LGNC Playgroup

**9am Mondays commencing 5th February**

Come along and enjoy singing, music, games, stories & more.

#### LCMS Multicultural Playgroup

**10am Thursdays commencing 8th February**

#### BCHS Smalltalk Playgroup

**9:30am Fridays commencing 2nd February**

### Special Events

#### Bike Repair Workshops

**4-5:30pm Thursdays 7th & 14th March**

BMX Track activation event Saturday, 16th March 10am-1pm, Long Gully BMX Track

#### Multicultural Cooking Classes

**11am-2pm Tuesdays 27th February & 5th March**

Wednesday, 13th March 10am-1.30pm (Cultural Diversity Week Celebration - Community Lunch at 12.30pm)



stay updated  
[facebook.com/lgncorg](https://facebook.com/lgncorg)

= Bookings Essential